

**CLAIMS:**

1. A weapon stock, adapted to receive a firing assembly including a barrel and a receiver connected to the barrel,

said stock having a first pistol grip interposed between a first forestock located towards a forward end and a butt stock located towards a rear end, such that in assembly with said firing assembly, said barrel is located adjacent to said first forestock towards said forward end,

characterised in that

said stock further includes an elongated lower second forestock element spatially separated below said stock for at least part of its length at a location substantially at or below the first pistol grip and extending for a distance equal to or less than the distance between the barrel end distal to said receiver and said rear end of said buttstock, said second forestock being attached to said stock at two or more attachment points wherein at one or more said attachment point(s) the second forestock is not integrally formed with said stock.

2. The weapon stock as claimed in claim 1, wherein at least one said second forestock attachment point is attached to said first forestock by one or more bracing elements extending downwardly from the first forestock.
3. The weapon stock as claimed in claim 2, wherein at least one said bracing element is a handgrip.
4. The weapon stock as claimed in claim 3, wherein said handgrip is a second pistol grip.

5. The weapon stock as claimed in claim 1, wherein said second forestock includes attachment points located at one or both of said first pistol grip and said first forestock.
6. The weapon stock as claimed in claim 1, wherein said second forestock attachment points include said first pistol grip, said buttstock and said first forestock.
7. The weapon stock as claimed in claim 1, wherein said attachment points of said second forestock include the buttstock.
8. The weapon stock as claimed in claim 1, wherein said second forestock extends in a substantially parallel orientation with said barrel.
9. The weapon stock as claimed in claim 1, wherein said second forestock is inclined upwards towards said forward end.
10. The weapon stock as claimed in claim 1, wherein said second forestock is inclined downwards towards said forward end.
11. The weapon stock as claimed in claim 1, wherein said second forestock is discontinuous at one or more points between said buttstock and the distal end of the barrel.
12. The weapon stock as claimed in claim 1, wherein said second forestock is discontinuous at one or more points between said buttstock and said first pistol grip.
13. The weapon stock as claimed in claim 1, wherein said second forestock extends continuously from said first pistol grip towards the distal end of the barrel.

14. The weapon stock as claimed in claim 1, wherein said second forestock is discontinuous at one or more points between said first pistol grip and the distal end of the barrel.
15. The weapon stock as claimed in claim 1, wherein said buttstock at least partly defines a first opening configured to accept insertion of a user's shoulder and to rest the weapon thereupon to provide a shoulder sling.
16. The weapon stock as claimed in claim 1, wherein said second forestock at least partly defines a second opening configured to accept insertion of a user's shoulder and to rest the weapon thereupon to provide a shoulder sling.
17. The weapon stock as claimed in claim 1, wherein said second forestock is configured to accept one or more weapon accessories.
18. The weapon stock as claimed in claim 17, wherein said weapon accessories include bipods, extra handgrips, weapon magazines, bayonets, wire-cutters, communication devices, computational devices, batteries, target designator/acquisition devices and grenade launchers.
19. The weapon stock as claimed in claim 1, wherein said second forestock and/or said buttstock includes one or more support elements rotatably attached to the second forestock and/or buttstock and capable of being rotated laterally outwards from the stock to support the stock in a substantially horizontally-upright position when placed on a solid or semi-solid surface.
20. The weapon stock as claimed in claim 1, wherein said second forestock is releasably attached at a first end to said weapon stock, and pivotally attached to the weapon stock at a second end.

21. The weapon stock as claimed in claim 20, wherein said second forestock is capable of being rotated downwards about said second end to act as a weapon support.
22. The weapon stock as claimed in claim 21, wherein the second end is capable of engaging with a support elcmcnt worn by the uscr.
23. The weapon stock as claimed in claim 1, whrcin the sccond forestock located between said first pistol grip and the rear end of said buttstock is inclined upwards or downward towards said rear end.
24. The weapon stock as claimed in claim 1, further including a first forestock sling attachment element attached to said first forestock and extending at least partially over said barrel.
25. The weapon stock as claimed in any one of claims 4-24, wherein said attachment point of said second forestock to any of said buttstock, first pistol grip, second pistol grip, or first forcstock is by adjustable, releasable, pivotable, or slidale fastening and/or any combination of same.
26. A method of adapting an existing weapon stock of a weapon incorporating a firing assembly including a barrel and a receiver connected to the barrel, said stock having a first pistol grip interposed between a first forestock located towards a forward end and a buttstock located towards a rear end,  
said method comprising the steps of attaching an elongated lower second forestock element spatially separated below said stock at least part of its length at a location substantially at or below the first pistol grip and extending for a distance equal to or less than the distance between the barrel end distal to said receiver and said rear end of said buttstock, said second forestock being attached to said stock at two or more attachment points wherein at one or more said

attachment point(s) the second forestock is not integrally formed with said stock.

27. The method of adapting an existing weapon stock as claimed in claim 26, wherein at least one said second forestock attachment point is attached to said first forestock by one or more bracing elements extending downwardly from the first forestock.
28. The method of adapting an existing weapon stock as claimed in claim 27, wherein the at least one said bracing element is a handgrip.
29. The method of adapting an existing weapon stock as claimed in claim 28, wherein said handgrip is a second pistol grip.
30. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock attachment point(s) include at least one of said first pistol grip and said first forestock.
31. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock attachment point(s) include said first pistol grip, said buttstock and said first forestock.
32. The method of adapting an existing weapon stock as claimed in claim 26, whrcin said attachment point of said second forestock includes said buttstock.
33. The mcthod of adapting an existing weapon stock as claimed in any one of the preceding method claims, whrcin said second forestock extends in a substantially parallel orientation with said barrel.
34. The method of adapting an existing weapon stock as claimed in claim 26, wherein said sccond forestock is inclined upwards towards said forward end.

35. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is inclined downwards towards said forward end.
36. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is discontinuous at one or more points between said buttstock and the distal end of the barrel.
37. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is discontinuous at one or more points between said buttstock and said first pistol grip.
38. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock extends continuously from said first pistol grip towards the distal end of the barrel.
39. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is discontinuous at one or more points between said first pistol grip and the distal end of the barrel.
40. The method of adapting an existing weapon stock as claimed in claim 26, wherein said buttstock at least partly defines a first opening configured to accept insertion of a user's shoulder and to rest the weapon thereupon to provide a shoulder sling.
41. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock at least partly defines a second opening configured to accept insertion of a user's shoulder and to rest the weapon thereupon to provide a shoulder sling.
42. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is configured to accept one or more weapon accessories.

43. The method of adapting an existing weapon stock as claimed in claim 42, wherein said weapon accessories include bipods, extra handgrips, weapon magazines, bayonets, wire-cutters, communication devices, computational devices, batteries, target designator/acquisition devices and grenade launchers.
44. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock and/or said buttstock includes one or more support elements rotatably attached to the second forestock and/or buttstock and capable of being rotated laterally outwards from the stock to support the stock in a substantially horizontally-upright position when placed on a solid or semi-solid surface.
45. The method of adapting an existing weapon stock as claimed in claim 26, wherein said second forestock is releasably attached at a first end to said weapon stock, and pivotally attached to the weapon stock at a second end.
46. The method of adapting an existing weapon stock as claimed in claim 45, wherein said second forestock is capable of being rotated downwards about said second end to act as a weapon support.
47. The method of adapting an existing weapon stock as claimed in claim 26, wherein the second forestock located between said first pistol grip and the rear end of said buttstock is inclined upwards towards said rear end.
48. The method of adapting an existing weapon stock as claimed in claim 26, wherein the second forestock located between said first pistol grip and the rear end of said buttstock is inclined downward towards said rear end.
49. The method of adapting an existing weapon stock as claimed in claim 26, further including a first forestock sling attachment element attached to said first forestock and extending at least partially over said barrel.

50. The method of adapting an existing weapon stock as claimed in any one of the claims 29 - 49, wherein said attachment of said second forestock to any of said buttstock, first pistol grip, second pistol grip, or first forestock is by adjustable, releasable, pivotable, or slidale fastening and/or any combination of same.
51. An attachment comprising an elongated lower forestock capable of adapting an existing weapon stock according to the method claimed in any one of method claims 26- 50.